

Sneak A C T I V I T Y into Your Day

Picture yourself feeling more energetic, more alive, and feeling good about making a change. Picture yourself not being winded when you reach the top of a flight of stairs or after you've finished carrying a trunk full of groceries into the house.

By sneaking more physical activity into your daily routine, you'll make great strides in your quest for a healthier you. You may already be more active than you realize. Ask yourself if you ever do any of the activities listed below. If you do – GREAT! Keep it up! If not, consider adding some of them to your daily routine.

- ☐ Mow the lawn with a walk-behind mower.
- ☐ Take the stairs instead of the elevator.
- ☐ Walk to a bus stop.
- ☐ Go out for the paper or mail and walk the block before you come back.
- ☐ Weed the garden, or rake grass clippings and leaves.
- ☐ Vacuum.
- ☐ Wash windows or floors.
- ☐ Take the dog for a walk.
- ☐ Walk the city block at break time.
- ☐ Walk your child to the bus stop in the morning.
- ☐ Walk a lap around the parking lot before you start to work or drive home.
- ☐ Park at the opposite end of the mall from where you want to shop and stroll the mall.
- ☐ Skip the drive up window and walk into the store.
- ☐ Do slow easy stretches as you dry off from your morning shower.
- ☐ Walk to the corner store.
- ☐ Get off the bus a few blocks before your regular stop.
- ☐ Walk the sidelines of your child's soccer game.
- ☐ Play with your kids.
- ☐ Clean the garage.
- ☐ Deliver a message in person.
- ☐ Pace while on the phone.
- ☐ While sitting at a stoplight, do neck and arm stretches, or roll your shoulders back and forward.
- ☐ Use the restroom across the building.
- ☐ Stretch before you get out of bed, or before you get in.
- ☐ Reach down to touch your toes while standing in a long line.



The State Wellness Program Operates as a Program
of the Employees Benefits Council.
"Making a Healthy Difference for You!"

